



# NEWS RELEASE

Australian Divisions of General Practice Ltd.

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## A script for life!

Patients are now receiving a new style of prescription from their GP. Today Tony Abbott, Minister for Health and Ageing launched Lifescripts, a resource kit that provides GPs with tools to help people achieve and maintain a healthy lifestyle.

Talking with patients who have one or more lifestyle risk factors is a day to day reality for GPs. What is less common is access to high quality tools and resources to assist and support patients to make and maintain positive behaviour changes. The Lifescripts resources provide high quality tools for general practice to use in supporting patients healthy lifestyle choices.

Lifescripts assists GPs give personalised advice and support to patients on quitting smoking, eating healthier food, drinking alcohol safely, exercising more and achieving and maintaining a healthy weight.

"Lifestyle behaviours are the largest group of preventable risk factors for death and disease in Australia. GPs are embracing Lifescripts to help patients achieve healthier lifestyles and prevent chronic disease" said ADGP Chair Dr Rob Walters. "Encouraging healthier lifestyles to prevent chronic disease will save in treatment costs for the health system over the long term" said Dr Walters.

"ADGP supports the Government's push to enhance preventative health care in general practice. We know that a wellness oriented, primary health care system with general practice in a pivotal role can deliver better health outcomes for patients" said Ms Kate Carnell, CEO of ADGP.

"We need to ensure that general practice teams have a range of tools to help people achieve and maintain a healthy lifestyle. I welcome the Lifescripts resources and urge the Government to consider taking a comprehensive and multidisciplinary approach to improving preventative health through the primary health care sector" said Ms Kate Carnell, CEO of ADGP.

"I encourage the Government to develop and implement new Medicare items for evidence based preventative health checks for the whole population. This will assist primary care in moving towards a wellness oriented system that prevents chronic disease before it occurs and supports people to access allied health providers" said Dr Walters.

Of patients attending general practice consultations around half are overweight or obese, about 1 in 5 are smokers, two-thirds do less than recommended physical activity levels and one fifth drink alcohol at risky levels. Lifescripts provides a nationally consistent approach to promoting healthier lifestyles.

For more information please call Rob Walters, ADGP Chair, on 0418 127 123.

### WHAT IS ADGP?

- ADGP is the peak body representing 119 Divisions of General Practice and eight State-based organisations (SBOs) around Australia. The Divisions Network supports general practice and their practice teams and drives the implementation of innovative health strategies.
- ADGP, through the Divisions Network, works to integrate general practice with other sectors of the health system, both government and non-government, to deliver high quality care to the Australian community.
  - ADGP is committed to promoting the health of all Australians by supporting the role of Divisions in the nation's primary health care system.

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